

6150 Foreland Garth
Columbia MD 21045
410-313-7217
Director: Kari Weidner

Longwood 50+ Center

August 2016

Days of Operation: Tuesday 9:00am – 1:30pm
Wednesday 9:00am – 2:00pm



www.howardcountyyaging.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div></div> <div>1</div>	<div>Chinese Exercise 9:00am Smita- Chair Yoga 10:00am Lunch 12Noon Ping Pong & Games 1:00-3:00pm</div> <div>2</div>	<div>Chinese Exercise 9:00am Chair Yoga 10:00am Lunch 12Noon Bread 1:30pm Ping Pong & Games 1:00-4:00pm</div> <div>3</div>		<div></div> <div>5</div>
<div></div> <div>8</div>	<div>Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:00-3:00pm</div> <div>9</div>	<div>Chinese Exercise 9:00am Chair Yoga 10:00am Lunch 12Noon Bread 1:30pm Ping Pong & Games 1:00-4:00pm</div> <div>10</div>	<div></div> <div>11</div>	<div></div> <div>12</div>
<div></div> <div>15</div>	<div>Chinese Exercise 9:00am Smita- Chair Yoga 10:00am Lunch 12Noon Ping Pong & Games 1:00-3:00pm</div> <div>16</div>	<div>Chinese Exercise 9:00am Chair Yoga 10:00am Lunch 12 Noon Bread 1:30pm Ping Pong & Games 1:00-4:00pm</div> <div>17</div>	<div></div> <div>18</div>	<div></div> <div>19</div>
<div></div> <div>22</div>	<div>Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:00-3:00pm</div> <div>23</div>	<div>Chinese Exercise 9:00am BINGO 10:00am Lunch 12Noon Bread 1:30pm Ping Pong & Games 1:00-4:00pm</div> <div>24</div>	<div></div> <div>25</div>	<div></div> <div>26</div>
<div></div> <div>29</div>	<div>Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:00-3:00pm</div> <div>30</div>	<div>Chinese Exercise 9:00am Chair Yoga 10:00am Lunch 12Noon Bread 1:30pm Ping Pong & Games 1:00-4:00pm</div> <div>31</div>		